



Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!

...

May 2, 2016 · 🌐

Hi Atoya Montague here (go by alias on FB for safety reasons but I do have a public page as well if you are interested in knowing more about me! Level the Playing Field - Support Atoya Montague

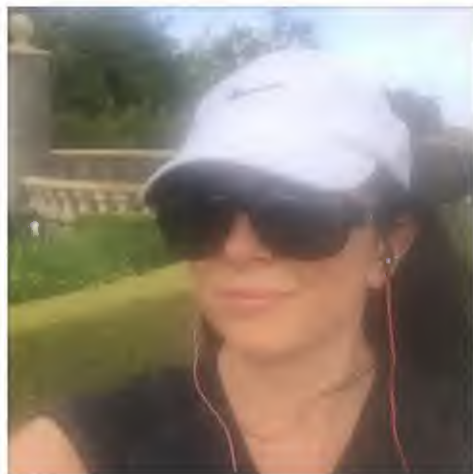
OK so in August I had a full hip replacement surgery so my goals are to get back to the shape I was in before my hip started to seriously limit my exercise capacity (still have a ways to go on range of motion its been a slow recovery - according to surgeon cause how bad I was before surgery...

imagine I completely wore out my cartilage by the age of 39.... be forewarned ladies and protect your joints no running on pavement!!!!)

My other challenge is PTSD....when I bad days it takes it out of me and I have no energy left to do anything. MY brain wants to get up and go but my body says NO WAY. So trying to find a solution to that.

Today was an interesting day to start the challenge for me because I also started my period and was in so much pain and cranky and tired after school.... I could barely move but then I start seeing all your posts and think to myself I just can't bear to start this challenge on a bad note so after 2 full hours of rallying myself I finally made it out the door for a walk. At least it's something!!!

Tomorrow I will get a hike in and do a Jillian workout. Will start incorporating more of my other DVD workouts this time around to keep it fresh. Thanks again Kristine Brockman! This group has been so inspiring to me and getting me out there!!! xoxoxo



👍 2

2 Comments

👍 Like 💬 Comment

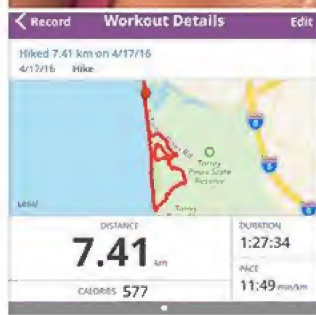
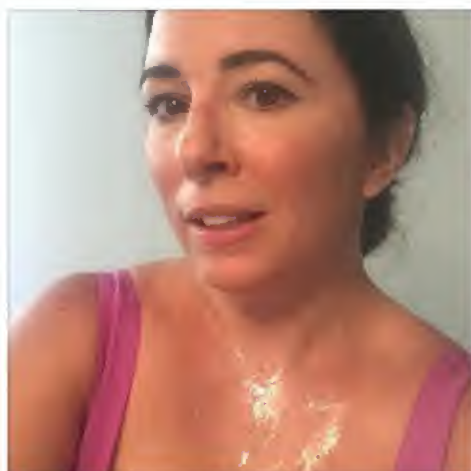


Anastasia Morandin ▶ **Let's Reflect, Refocus, & Renew!**

...

April 17, 2016 · 🌐

did a hike then came home and did Jillian Abs level 2! Making up for my days off with migraines last week. Thought you guys may enjoy some of the views.... gorgeous out today Was tempted to jump in the water!



Workouts Log

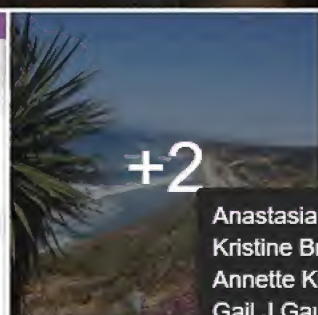
Ellis PRO
Environment. Education. Choice.

This Week

Did Insanity Max Interval Circuit on...	00:35:00	0.0 km	4/17/16
Hiked 7.41 km on 4/17/16	01:27:34	7.4 km	4/17/16

Last Week

Did Insanity Max Interval Circuit on...	00:30:00	0.0 km	4/10/16
Walked 5.87 km on 4/14/16	01:25:55	6.1 km	4/14/16



Anastasia Morandin
Kristine Brockman
Annette Kuckartz
Gail J Gaudet

👍 Kristine Brockman and 2 others

5 Comments

👍 Like 💬 Comment

View 1 more comment



Annette Kuckartz Great job! Love the views

Like · Reply · 👍 1 · April 17, 2016 at 3:17pm



Anastasia Morandin Thanks! I didn't think that post worked but I guess it did! Good to hear you are getting good weather too!

Like · Reply · 👍 1 · April 17, 2016 at 4:39pm



Kristine Brockman Seriously think it's cool that we have someone on the page who lives with those views daily! Amazing how nature can be just great for the mind body and spirit!

Like · Reply · 👍 2 · April 17, 2016 at 8:28pm



Anastasia Morandin it sure is ... my solace

Like · Reply · 👍 1 · April 17, 2016 at 9:29pm

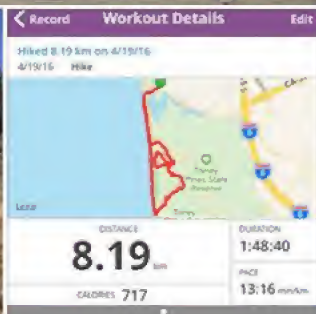


Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!



April 19, 2016 · 🌐

hiked another gorgeous day here!!



Kristine Brockman and 2 others



Like



Comment

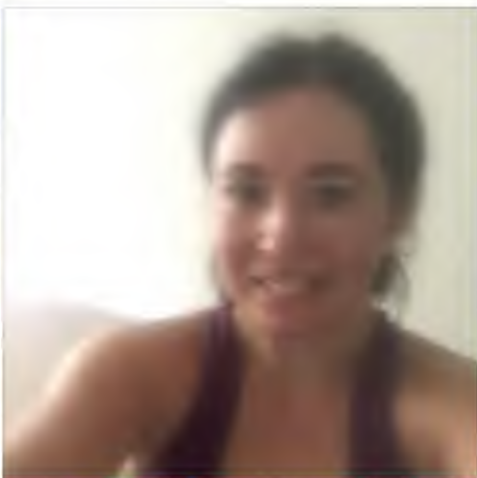
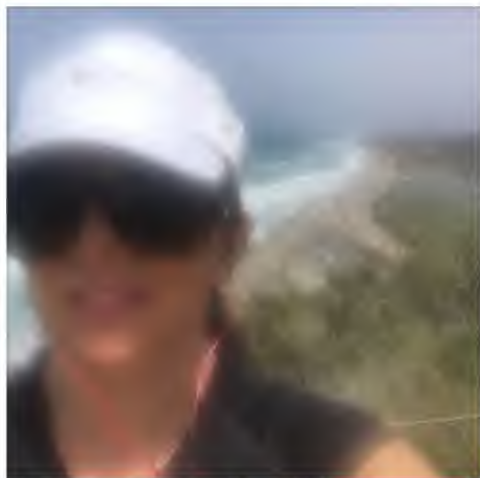


Anastasia Morandin is 😊 feeling determined.

...

April 26, 2016

did a hike AND Jillian Fat Blast Metabolism damn ... had to make up for write off yesterday. saw another snake!! sorry the pictures are blurry there was coconut oil on my hands and I kept wiping it on the phone lol



👍 Like 💬 Comment

👍 Juliet Walden, Kristine Brockman and 4 others

✓ Seen by 14



Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!



April 26, 2016 ·

●●●○ Ultra.me

2:05 PM

↑ 70%

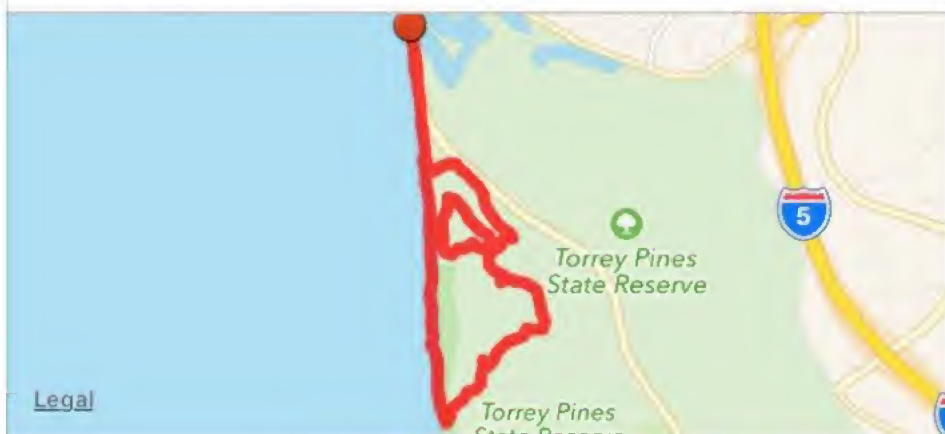
< Record

Workout Details

Edit

Hiked 6.80 km on 4/26/16

4/26/16 Hike



[Legal](#)

DISTANCE

6.80 km

DURATION

1:19:52

PACE

11:45 min/km

CALORIES **526**

Splits

Splits not available for this workout.

Music

No songs were found.

Like

Comment



Workout Details



Hiked 8.75 km on 7/12/16

Tuesday, Jul 12 at 12:38 pm



Activity: **Hike**

Your workout has been synced to MapMyWalk.com!



[Legal](#)



8.75

DISTANCE
(KM)



1:56:10

DURATION



13:16

AVG. PACE
(MIN/KM)



769

CALORIES

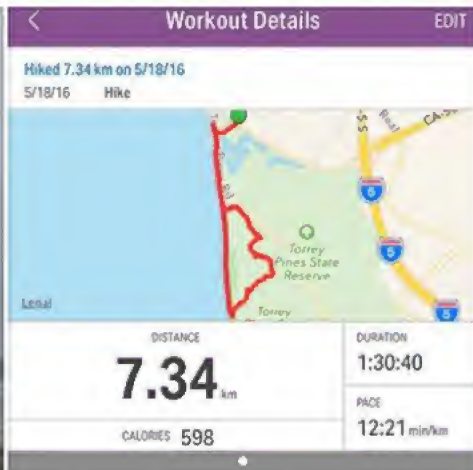




Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!

May 18, 2016 · 🌐

Made it to hike !! phew back in the game ... nice break from tax audit and studies! forgot to selfie. My tips are to give up sugar in all it's forms I mean even milk and dairy products are high in sugar and wheat and alcohol and stop eating past 7 , Eat a low glycemic index diet ...mostly organic vegetables and high-quality protein. My nutrition teacher talks about it every week that is the way to make fat melt off. low carb!! oh and a high quality probiotic and lots of fermented foods like sauerkraut and kimchi



2



Like



Comment

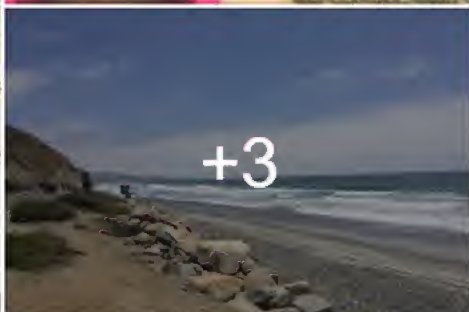
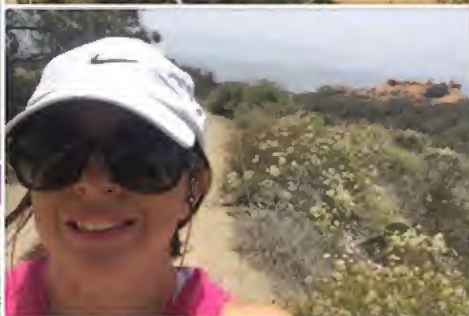


Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!



May 27, 2016 · 🌐

walked yesterday - hiked today.... hip been very sore so avoiding hard core workouts. Will try to get back at it tomorrow! so thankful it's a long weekend here I can focus on my diet and workouts for a few days straight.



Kristine Brockman and 2 others



Like



Comment

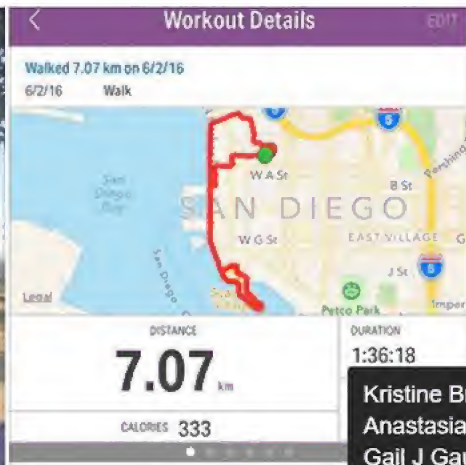


Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!

...

June 2, 2016 · 🌐

Just a walk on my break today — have such a bad headache couldn't do more. Will do something more intense in the morning!



Kristine Brockman
Anastasia Morandin
Gail J Gaudet-



Kristine Brockman and 4 others

3 Comments



Like



Comment



Gail J Gaudet-Desjardins Make sure you water intake is good! Hope it goes away!

Like · Reply · 🌐 1 · June 3, 2016 at 5:07am



Anastasia Morandin you are right. I always think I get enough but it was 80 here yesterday so may have dehydrated.

Like · Reply · 🌐 1 · June 3, 2016 at 10:24am



Kristine Brockman Lol a 7km walk I'd says that's pretty awesome for a headache 😊!

Like · Reply · 🌐 1 · June 3, 2016 at 4:27pm

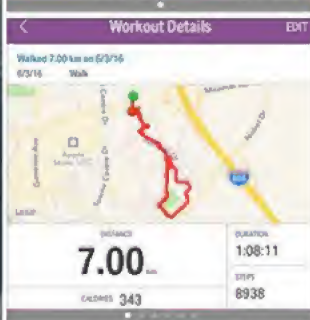
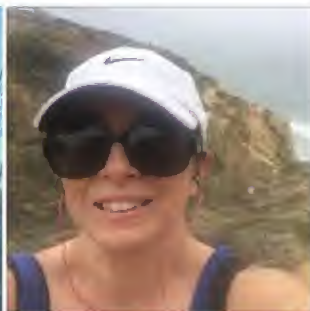


Anastasia Morandin

June 4, 2016



walked last night hiked this am... thinking about Brazilian butt workout next



Kristine Brockman and 4 others

Seen by everyone



Like



Comment

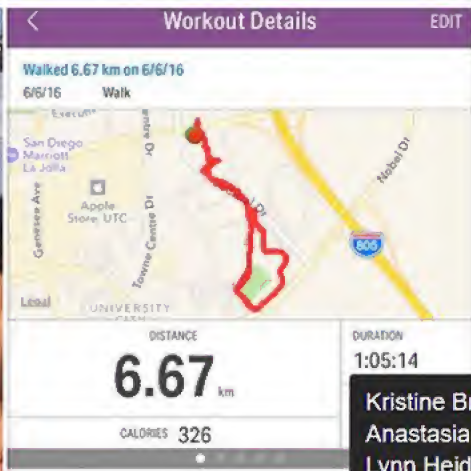
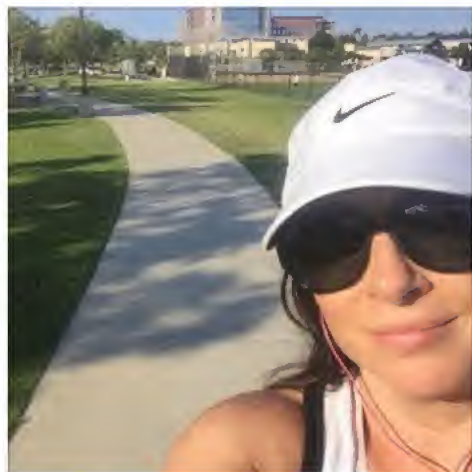


Anastasia Morandin ▶ **Let's Reflect, Refocus, & Renew!**

June 6, 2016 · 13

...

Just a walk today ... was tired from the weekend I opted to be social so I didn't get as much exercise and I ate bad food and lots of it. I seem to be all or nothing. I can't seem to be on the program and have a social life how do you do that? Want to get back at it because in two weeks my friends are coming out from Canada to celebrate my birthday and I want to be in tiptop shape but I seem to be sabotaging myself these days !! Help. lol



Kristine Brockman
Anastasia Morandin
Lynn Heidecker

👍 Kristine Brockman and 4 others

4 Comments

👍 Like 💬 Comment



Lynn Heidecker Morning workouts... Social afternoons!! Put your mind to it & you got it!! Next time I'm down in SD I'm looking you up 😊 I loved La Jolla and Pacific Beach!!

Like · Reply · 👍 1 · June 6, 2016 at 7:00pm



Anastasia Morandin yes!!! please do that would be great! do you come down here often ?? I wish I could do more work in the morning but I have to get up at five to workout before school and there's no effing way I'm doing that! but I could do it on my off days you are right it's about better planning !

Like · Reply · 👍 1 · June 6, 2016 at 7:54pm



Lynn Heidecker I love SD and have a friend down there in the past 3 years - I've been there twice ... Planning another trip in the next year!

Like · Reply · 👍 1 · June 7, 2016 at 5:36am



Write a reply...



Anastasia Morandin I live in La Jolla and I go to Pacific beach a lot 😊

Like · Reply · 👍 1 · June 6, 2016 at 7:54pm



Kristine Brockman Agree with Lynn, morning workouts. A trick my sister told me was to put my workout clothes next to the bed. So first thing I saw when I woke up was that. About tricking the brain into consistency. And as you know with your PTSD brain unfortunately w... [See More](#)

Like · Reply · 👍 2 · June 7, 2016 at 7:16am



Anastasia Morandin YOU are so right of course Kristine Brockman! I like the workout clothes by the bed idea too get up put them on and away you go. Hopefully it is that simple. I am not exactly a morning person lol

Like · Reply · June 7, 2016 at 2:52pm

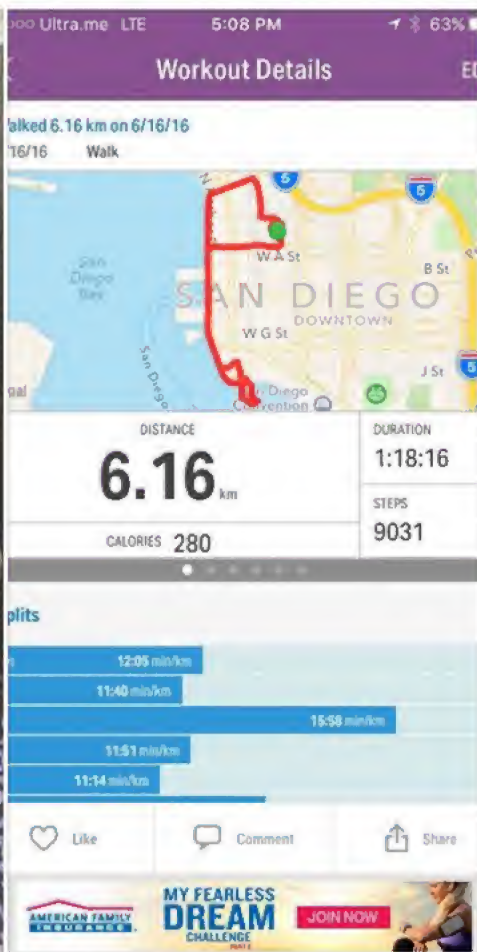


Anastasia Morandin ▶ **Let's Reflect, Refocus, & Renew!**

June 16, 2016 · 13



Just a walk on break but gonna do a big workout tomorrow!



5 Likes 3 Comments



Like



Comment



Kristine Brockman and 4 others



Elizabeth West You can see it in your face. I am the same way...I loose weight in my face first

Like · Reply · June 16, 2016 at 10:35pm



Anastasia Morandin ah thanks Hun! yes that's true! hopefully it comes off my butt next, lol

Like · Reply · June 16, 2016 at 11:18pm



Elizabeth West For me it's the thighs....I rode horses as a hid so my legs have been super thick but with muscle...let's just say I'll never have thigh gap. But I think it looks unhealthy on most girls...women with curves look much more appealing...same with men...men with shape look way better then just bulk or muscle..but real people healthy is best and most men agree to that too

Like · Reply · June 16, 2016 at 11:24pm



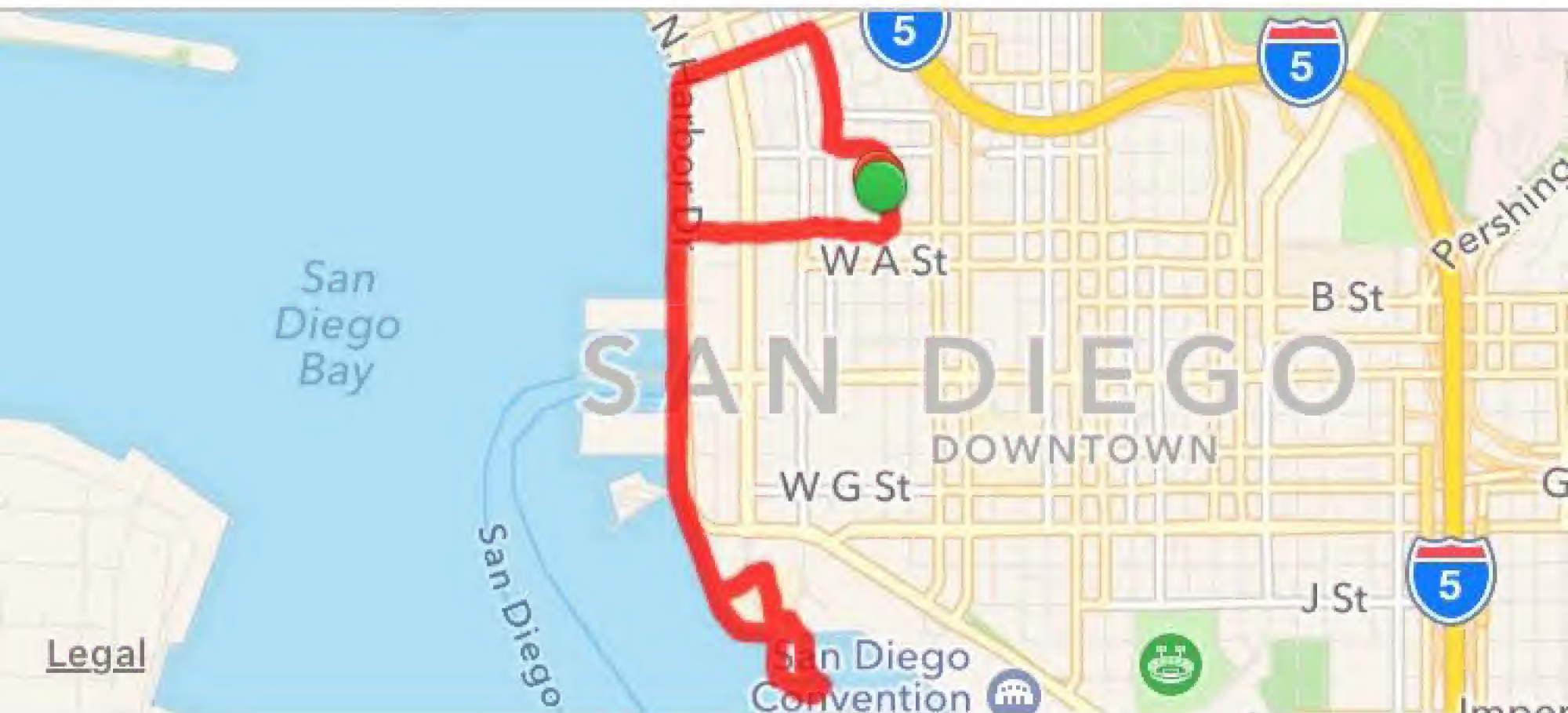
<

Workout Details

EDIT

Walked 6.16 km on 6/16/16

6/16/16 Walk



DISTANCE		DURATION
6.16 km		1:18:16
CALORIES 280		STEPS 9031

Splits

1 km	12:05 min/km
2	11:40 min/km
3	15:58 min/km
4	11:51 min/km
5	11:14 min/km



Like



Comment



Share



MY FEARLESS
DREAM
CHALLENGE
PART 2

JOIN NOW





Anastasia Morandin

July 7, 2016



hiked today... next time wearing my swimsuit, water's actually warm!!!



Kristine Brockman and 4 others

Seen by everyone



Like



Comment

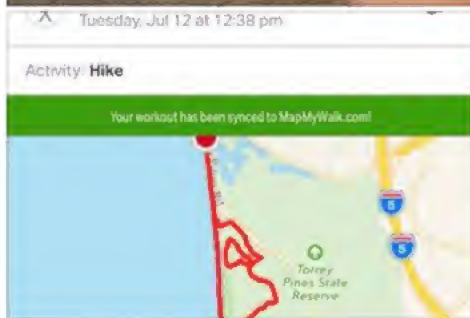
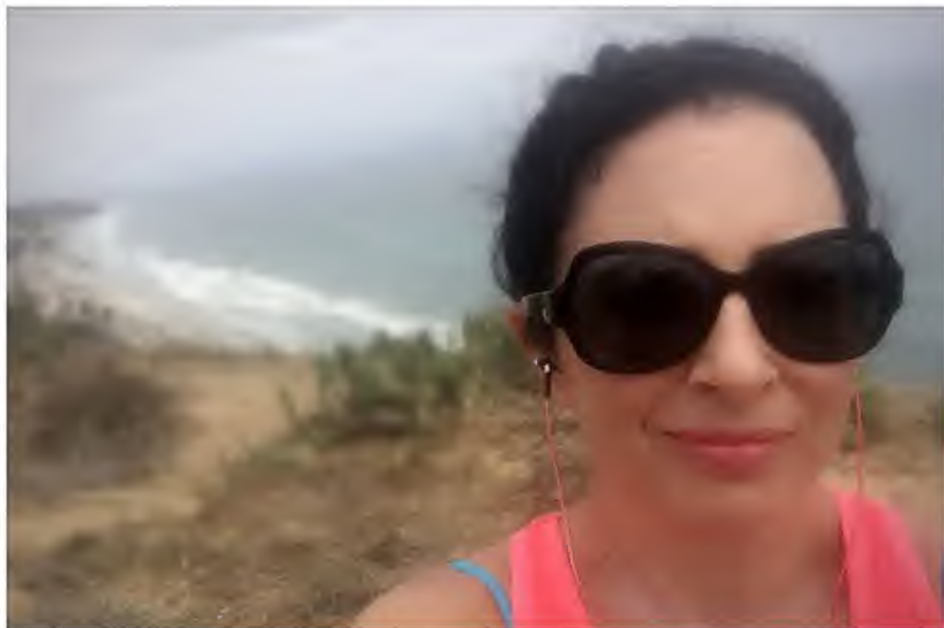


Anastasia Morandin ▶ **Let's Reflect, Refocus, & Renew!**



July 12, 2016 · 🌐

slacked off this weekend due to cramps and food and alcohol consumption lol... walked yesterday and hiked today and got in the ocean!



👍 Kristine Brockman and 4 others

👍 Like

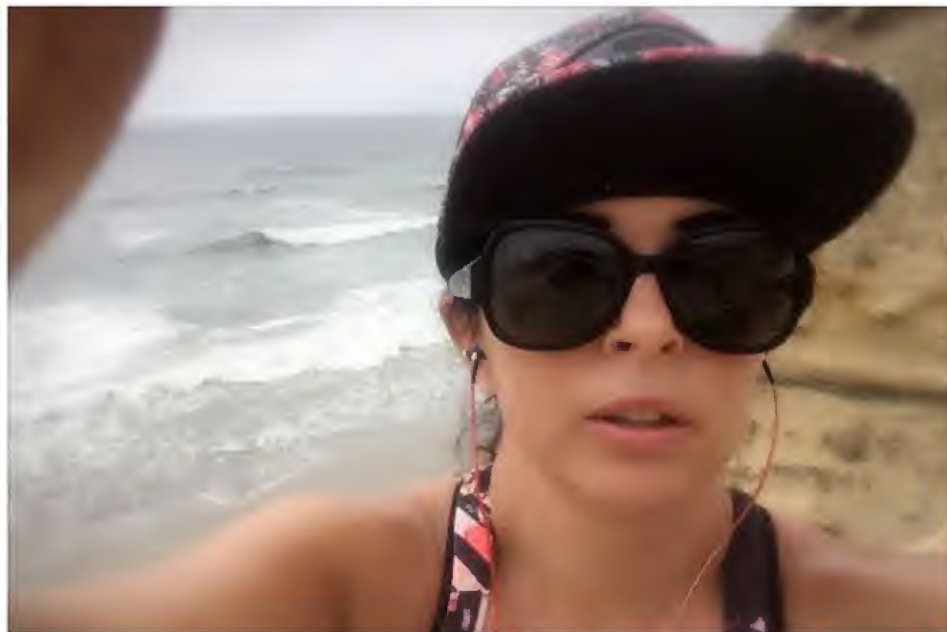
💬 Comment



Anastasia Morandin

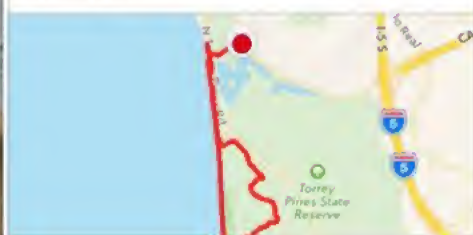
July 14, 2016

hiked today, had wicked migraine but went anyway, it cleared up during hike but it's back now. there's another reason to keep moving!



Thursday, Jul 14 at 3:02 pm

Activity: **Hike**



3

Seen by everyone



Like



Comment



Anastasia Morandin

July 18, 2016

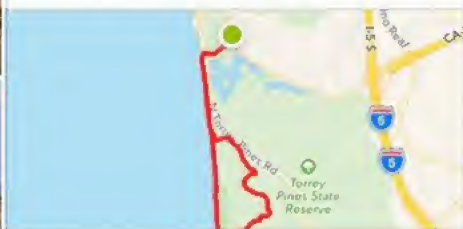


Elliptical yesterday, hike today. You ladies can thank me for the back shot of the fellow hiker ha ha



Monday, Jul 18 at 1:06 pm

Activity: Hike



3

Seen by everyone



Like



Comment



Anastasia Morandin

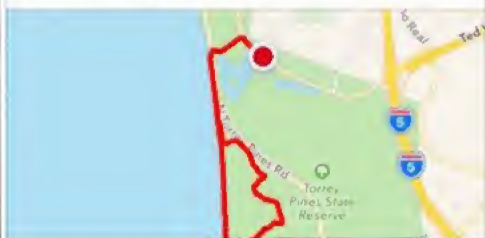
July 25, 2016

Hiked at the beach today - it does clear my head a little to be there so worth going, gonna do it again in the morning.



Monday, Jul 25 at 2:12 pm

Activity **Hike, Light / No Pack**



2

Seen by everyone



Like



Comment

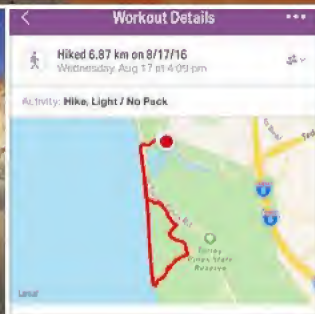
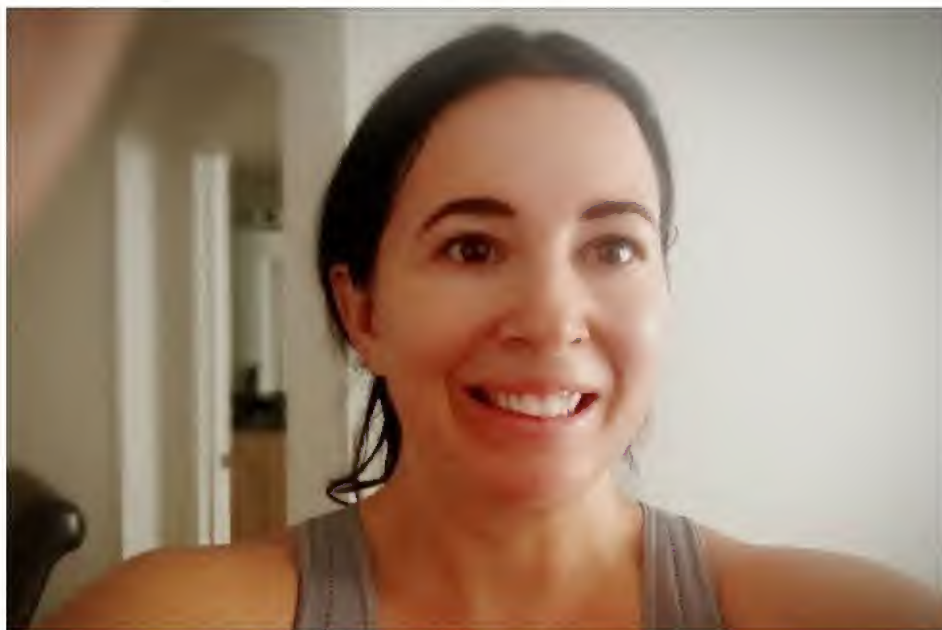


Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!



August 17, 2016 · 15

Jillian shred level 3 yesterday hiked today. Have had 5 hours of acupuncture the past 2 days trying to rid of these awful headaches, I think it may be easing off man oh man no fun at all, 6 weeks straight!! Praying I am turning a corner and soon can kick workouts in to high gear! Super hot down here pushing 100 F yesterday and today. September is our hottest month! — 🥵 feeling pained.



4

3 Comments



Like



Comment

< Workout Details

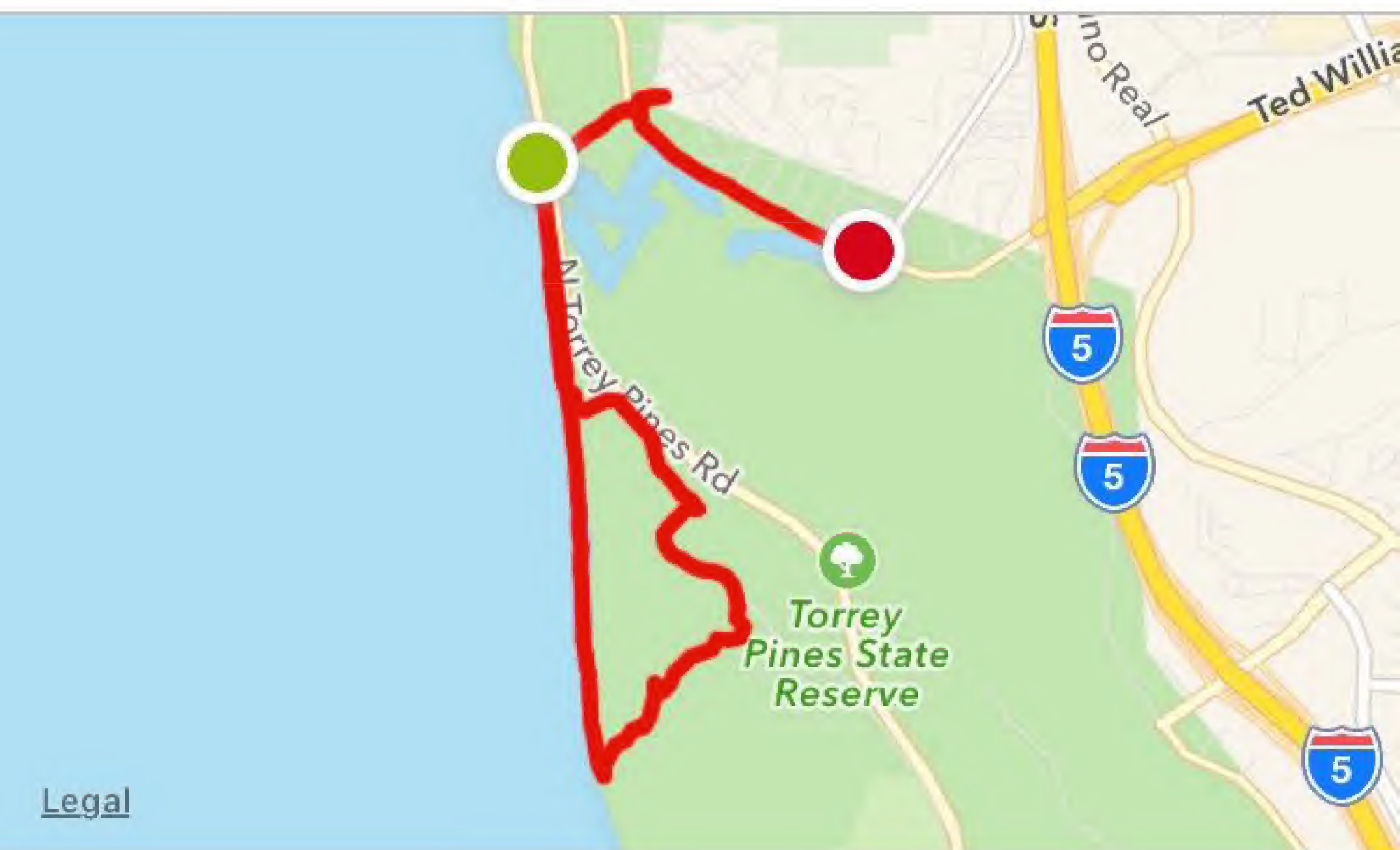


Hiked 7.57 km on 8/19/16

Friday, Aug 19 at 12:20 pm



Activity: **Hike, Light / No Pack**



7.57

DISTANCE
(KM)



1:18:29

DURATION



10:21

AVG. PACE
(MIN/KM)



606

CALORIES



117

EL. GAIN
(M)



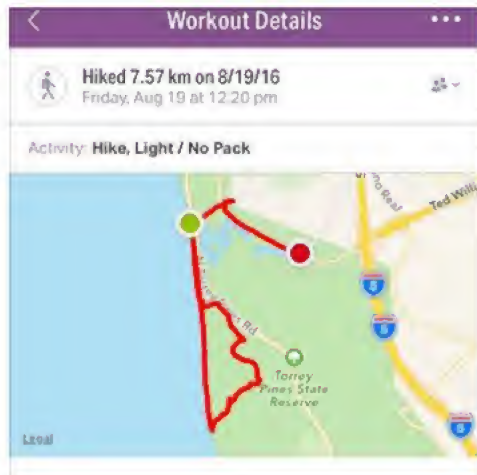


Anastasia Morandin ▶ Let's Reflect, Refocus, & Renew!

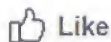


August 21, 2016 · 🌐

Hiked Friday and did Jillian Fat Blast Metabolism today.... but ate badly Friday and Saturday and need to get back on track!!!



6 Likes



Like



Comment



Elizabeth West and 5 others

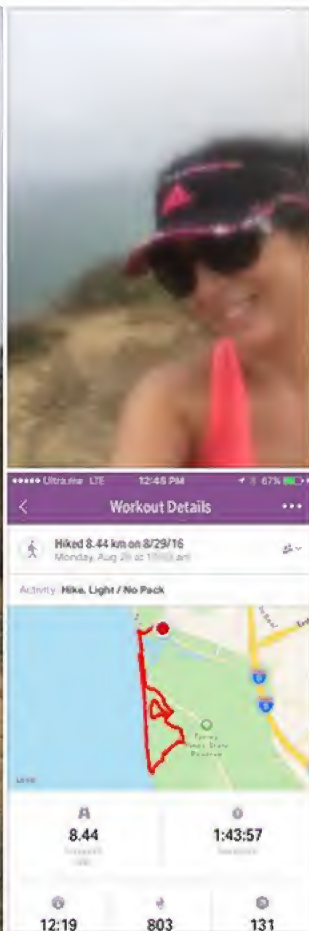
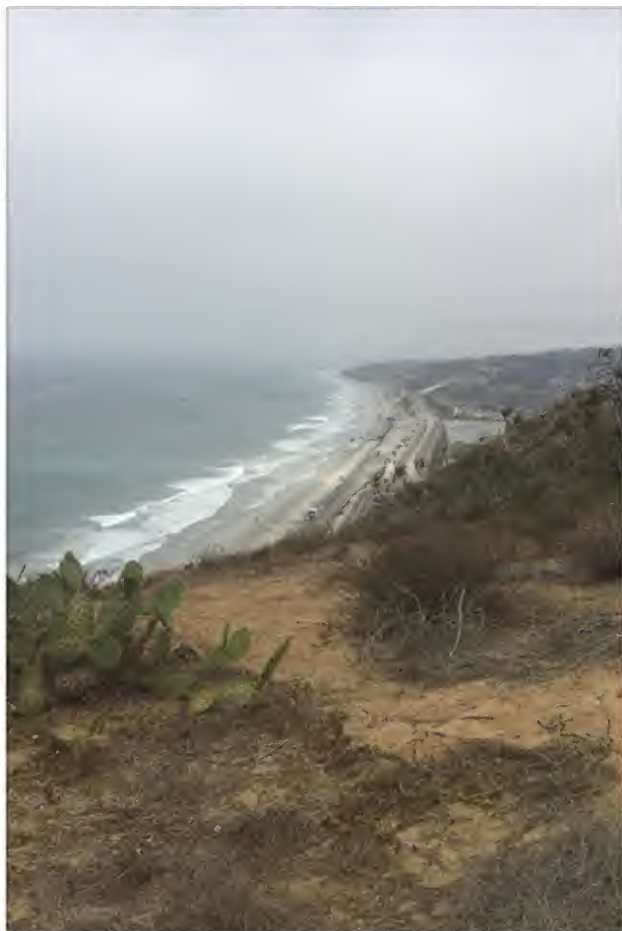


Anastasia Morandin

August 29, 2016



hiked! more coconut oil on camera again lol



5

Seen by everyone



Like



Comment



Workout Details



Hiked 8.44 km on 8/29/16
Monday, Aug 29 at 10:53 am



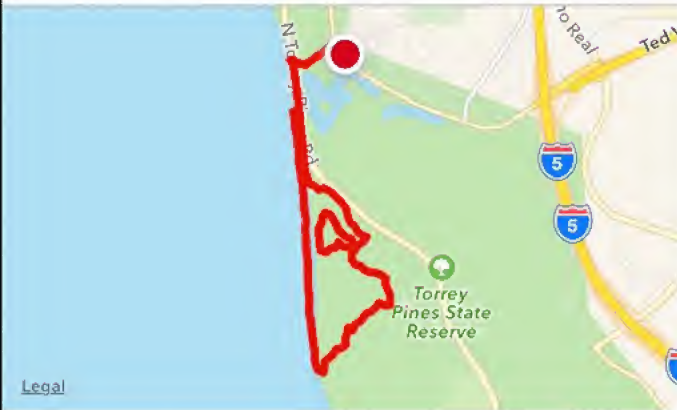
Like Comment



Write a comment...



Activity: Hike, Light / No Pack



A

8.44

DISTANCE
(KM)



1:43:57

DURATION



12:19

AVG. PACE
(MIN/KM)



803

CALORIES



131

EL. GAIN
(M)



🔒 Anastasia Morandin ▶ PTSD RECOVERY



September 26, 2016 · 🌐

I officially reached my breaking point today. Major meltdown at my school in front of the school director and a teacher. I honestly have way too much on my plate and have no idea how to manage. I feel like I am cracking up. Now I have a school administration as useless and unsupportive as the organization I work for.... and they are trying to fire me so I don't know if I can continue with school, or afford to pay rent, the list just goes on. My life and everything in it has officially been up in the air for 5 long years. No stability in any area of my life. I need a regular counsellor down here to speak with but my same useless organization won't pay so I can't afford to see someone here. I don't have close friends here to turn to or a partner and frankly doing this solo is getting to me. Normally I find a way to press on somehow but I am just at a loss. This headache I have and TMJ and jaw pain has not let up in 9 weeks. I have tried everything you can think of. I can't stop crying today. I just needed to vent and say it's all just too much right now ... thanks for listening and being here you are friends who get it. Much love, A xo

👍👍 Maureen Shakespeare, Michelle Raoul Winters and 1 other

20 Comments



Like



Comment

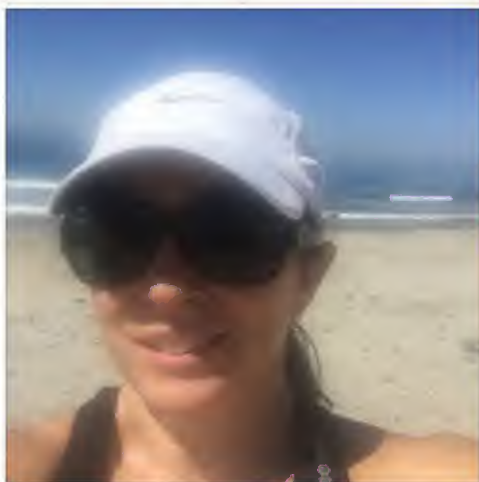


Anastasia Morandin ▶ **Let's Reflect, Refocus, & Renew!**



October 1, 2016 · 33

This week all I could manage was one HIIT workout and 2 hikes but considering I was in the middle of a nervous breakdown/emotional crises AND going back to school more then full time I think that was pretty good. The hikes were my sanity serenity and sanctuary so grateful for this environment. Was also treated to a dolphin show at the beach the other day. SO awesome! I think you can see them in the last video just off to the left of buddy.



6 Reactions 1 Comment





Anastasia Morandin ▶ **Let's Reflect, Refocus, & Renew!**

...

October 17, 2016 · 44

have not been posting in past few weeks but I have been working out when I can doing HIIT workouts and hikes 4/5 times a week.



 Kristine Brockman and 3 others



Like



Comment